

12 Week Hospitality Action – Tour de Cuisine - Training Plan – Expert – from www.andycookcycling.com

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>
	<b>Duration</b>	<b>1hr</b>	<b>1hr</b>	<b>1hr</b>	<b>1hr 30mins</b>		<b>2hrs</b>	<b>3hrs-3hr30 mins</b>
<b>Week 1</b>	<b>Instructions</b>	Warm up for 20mins pedalling a low gear at 90-100rpm. Then ride at just above your functional threshold (FT) for 1 min at 100 - 105 rpm ,followed by 1 min easy. Repeat 10 times. Warm down for 20mins	An endurance training session. Ride at an average of about 85%-95% of FT heart rate. This is best completed on your own, unless you have a small group with very similar ability.	Steady paced ride at 90-95rpm	Warm up ride of 30mins at 90-100rpm. Interval set: 6 X 1min effort in large gear (53X14/15) at 50 - 60 rpm. After each effort 1 min rest by spinning a small gear at 100rpm. After 1st set of 6 interval 5 min rest then repeat another set of 6 repetitions. Finish with warm down, pedaling a lowish gear at 90-100rpm		Join a group ride.	Steady Paced Endurance ride at 90-95rpm Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% of FT for 1hr followed by 30 minutes at recovery rate before a second hour at 85% - 95% FT. Finish with good warm down.

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	<b>Notes</b>	<p>Concentrate on smooth pedaling action so as to maintain a high cadence. Consider Stretching, Yoga or Pilates .so as to maintain and improve stability, flexibility and lower back strength. Combine this with a daily mobility exercise routine as part of the twelve week programme.</p>	<p>As this session is heavy on carbs make sure you fuel well during the ride. These sessions will be harder than base/recovery rides <u>but are not</u> 'flat out' efforts</p>	<p>Concentrate on smooth cadence.</p>	<p>The interval riding will develop speed and power. Don't forget your recovery routine following these interval sessions</p>	<p>Check your bike and plan route/s for weekend ride/s.</p>	<p>Although no structure given for these rides it is a good chance to practice group riding skills; ride in a relaxed way and enjoy the social aspects of riding in company.</p>	<p>Remember to drink and eat on the bike and make sure you follow your recovery regime after the ride.</p>
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		Cycling	Cycling	Cycling	Cycling	REST DAY	Cycling	Cycling
		Duration	1hr	1hr 30mins	1hr – 1hr 30mins	1hr 30mins	2hrs - 2hrs 30mins	3hrs 30mins – 3hrs 45mins
Week 2	Instructions	Recovery ride nice and easy. A gentle ride spinning the pedals. <b>Enjoy</b> the bike ride.	Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 3 - 4 times. Warm down well.	Steady ride. Best completed alone or with a small group of similar ability riders.	Threshold session. Warm up as usual then ride for 5mins at FT followed by 1min recovery. Repeat between 6 - 8 times then warm down		Group ride.	Begin this endurance session with a good 20mins warm up, then concentrate on riding at 85%-95% FT for 1hr 15mins followed by a further 30 minutes at recovery rate before a second 1 hr 15mins at 85% - 95% FT .Finish with a good warm down.
	Notes	Try a new route for a change or ride tracks on a mountain bike.	Concentrate on maintaining a constant FT power output <u>or</u> heart rate during the 12 minutes effort periods.	If riding with others don't be tempted to ride beyond your ability especially when climbing. Its your training so ride at your pace, not theirs.	These sessions can be completed on the road or on a turbo. Remember to drink properly and take on carbs.	Check and maintain the bike.	Practice your group riding skills; Enjoy the ride and make the most of riding with others.	Good opportunity to practice drinking and eating on the bike .Find what suits YOU. Make sure you follow your recovery regime after the ride.

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		<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>
	<b>Duration</b>	<b>1hr</b>	<b>1hr 30mins</b>	<b>1hr 30mins – 2hrs</b>	<b>1hr 30mins</b>		<b>2hrs - 3hrs</b>	<b>3-hrs30 – 3 hrs 45mins</b>
<b>Week 3</b>	<b>Instructions</b>	Recovery ride nice and easy. Spin the pedals enjoy the bike ride.	Threshold session. Thorough warm up then ride at FT for 8mins followed by 2mins rest. Repeat this 3 - 5 times. Warm down well.	Steady ride. Best completed on your own or with the small group of similar ability.	Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 3 - 4 times. Warm down well.		Group ride.	Endurance ride. Begin this session with a good warm up for 20mins and then concentrate on riding at 85%-95% FT for 1hr 15mins followed by a further 30 minutes at recovery rate before a second hour and fifteen at 85% - 95% FT followed by a good warm down.
	<b>Notes</b>	Find some new roads, Try a new route or use the mountain bike.	Keep within your numbers and stick to the figures that are relevant to you. Concentrate on pedaling technique and maintain a fluid cadence of 90-100rpm		Concentrate on maintaining a constant FT power output or heart rate during the 12-minute efforts.	A relaxing day or evening. Why not go to the pictures!	Practice group riding skills; Enjoy the ride and the social aspect of riding with others.	Remember to drink and eat on the bike. Practice refueling strategies peculiar to <b>you</b> . Decide which bars and drinks are right for you. Make sure you follow your recovery regime after the ride.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Cycling	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		1hr	1hr 30mins		1hr 30mins		2hrs	3hrs
<b>Week 4</b>	<b>Instructions</b>	Recovery ride. A nice and easy gentle spin, enjoying the bike ride.	Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes not recovery but also not endurance pace, followed by 20mins recovery then another 20 minutes steady followed by warm down		Steady ride on as flat a circuit as possible.		Group ride.	Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes not recovery but also not endurance pace, followed by 20mins recovery then repeat 3 more times followed by warm down
	<b>Notes</b>	Maintain a steady ride. Don't forget the stretching regime suggested in Week 1.	As this is the fourth week adaptation should be taking place.. Therefore make sure the intensity of this session is not HARD.	Enjoy! But remember to stretch	As this is week 4, adaptation should be taking place. t Therefore make sure the intensity of this session is NOT hard.	Take some time to Check your shoe cleats and have a look at your shorts and clothing, including base layers. Start to replace anything that is wearing out.	Practice group riding skills; Enjoy the ride and the social aspect of riding with others.	Make time for a tea stop on this ride, if you fancy it. Treat yourself.

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>
	<b>Duration</b>	<b>1hr</b>	<b>1hr 30mins</b>	<b>1hr</b>	<b>1hr 45mins</b>		<b>2hrs 30mins – 3hrs</b>	<b>3 hrs 30mins – 4hrs</b>
<b>Week 5</b>	<b>Instructions</b>	Recovery ride. Enjoy a gentle spin.	An endurance training session riding at an average of around 85%-95% of FT heart rate. This is best completed on your own or with a small group of similar ability.	Ride at steady pace 90-95rpm	Threshold session. Usual warm up then ride for 5mins at FT with 1 Min recovery. Repeat 8 times. Warm down		Group ride.	Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% FT for 1hr 20mins followed by a further 30 minutes at recovery rate before a second hour and twenty minutes at 85% - 95% FT followed by a good warm down.
	<b>Notes</b>	Concentrate on smooth pedaling action and maintaining the high cadence.	This session is heavy on carbs so make sure you fuel well during the ride. These sessions are key to success and are harder than base/recovery rides but are not 'flat out' efforts	Continue to concentrate on keeping cadence smooth.	The interval session will develop speed and power. Recovery drinks immediately after these sessions are vital.	Prepare bike and plan route for weekend rides.	Practice group riding skills; cornering, descending, gear selection etc. Watch the experienced guys.	Remember to drink and eat on the bike and make sure you follow your recovery regime after the ride.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 6</b>		<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>
	<b>Duration</b>	<b>1 Hr</b>	<b>1hr 45mins</b>	<b>1hr 30mins</b>	<b>1hrs 45mins</b>		<b>2hrs 30mins - 3 hrs</b>	<b>4hrs</b>
	<b>Instructions</b>	Recovery ride	Threshold session. Warm up then ride at FT for 8mins, followed by 2mins rest. Repeat 5 times Warm down well	Endurance session. Ride at around 85-95% of FT heart rate.	Threshold session. Warm up thoroughly , then ride at FT for 12mins , followed by 3mins rest. Repeat 4 times. Warm down.		Group ride	Endurance ride. Start with 30mins warm up, then concentrate on maintaining 85-95% FT for 1 hr 20mins. Follow with 30mins at recovery rate, then a second 1 Hr 20mins at 85-95% FT. A good warm down to finish.
		Keep the gears low and resist temptation to ride hard.	Maintain concentration on pedalling so as to cadence at 90-100 rpm	Good time to decide on the energy foods and gels that suit you.	Keep a constant FT Heart Rate or( power output) during the 12mins of effort.	Relax.	Make the most of group ride	Think about your recovery regime. Is it working well?

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<b>Week 7</b>		<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>
	<b>Duration</b>		<b>1 hr 40mins</b>	<b>1hr</b>	<b>1 hr 45mins</b>		<b>2hrs</b>	<b>4hrs 30mins</b>
	<b>Instructions</b>		Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes ie not recovery but also not endurance pace, followed by 20mins recovery then another 20 minutes steady followed by warm down	Recovery ride at recovery pace for 1hr.	Warm up for 20 minutes. Ride at a "steady" pace for 20 minutes not recovery but also not endurance pace, followed by 20mins recovery then another 20 minutes steady followed by warm down		Group ride.	Endurance Ride Warm up for 30mins. Then ride for 1 Hour at 85-95% FT followed by 20mins at recovery rate. Repeat with a second 1 Hour followed by 20mins recovery then a third 1hour at 85-95%FT followed by a good warm down.
	<b>Notes</b>	Stretching, pilates/yoga/mobilty should still feature in your all round training programme.	Make sure the intensity of this session is not HARD.	Ensure that the ride is within the recovery zone.	Adaptation should be taking place this week. Therefore make sure the intensity of this session is NOT hard.	Take some time to check your bike more thoroughly. This may involve booking it in for a service at the local bike shop. If any kit is wearing out, now is the time to get it changed.	Enjoy this ride Stop for coffee and cake if practical.	Take a break with a tea stop on this ride.



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	Cycling	Cycling	Cycling	Cycling	REST DAY	Cycling	Cycling
	1hr	1hr	1hr 30mins	1hr 45mins		2hrs 45mins	4 hrs – 5hrs
<b>Week 8</b>	<b>Instructions</b>	Warm up for 20mins in low gear at 90-100 rpm, then ride just above FT for 1 min at 100-105 rpm followed by 1 min easy. Repeat this 10 times Warm down	Steady pace 90-95rpm	Endurance training. Ride at around 85-95% of FT. Best done on your own.	30mins warm up @90-100rpm. Interval set: 6 X 1min effort in large gear (53X14/15) @ 50 - 60 rpm. 1 min rest after each effort spinning a small gear @100rpm. After 1st set of 6 intervals 5 min rest, then repeat set twice. Finish with warm down in light gear @90-100rpm	Group ride.	Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% FT for 1hr followed by a further 30 minutes at recovery rate before a second 1 hour at 85% - 95% FT followed by a further 30 min recovery. Complete a third hour at 85-95 FT before a good warm down.
	<b>Notes</b>	Concentrate on smooth pedalling and maintain cadence.	. Concentrate on keeping cadence smooth	If you do ride with others, remember it is your training that matters.	Think about the pedaling technique and ensure that the motion is efficient.	Take your turn in leading and don't shirk the workload on the group ride. However, don't "race" the others either!	Don't forget to eat and drink. This ride should prove your choice of food and drink. Make sure you maintain your recovery regime after the ride.

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		REST DAY	Cycling	REST DAY	Cycling	REST DAY	Cycling	Cycling
		Duration	1 hr		1 hr - 15mins		2hrs 30mins	3hrs
Week 9	Instructions		Easy ride. Gentle spin enjoying the bike ride		FTP Test - 10mins easy. 3 X 1 min @120rpm with 1 min easy after each. 4 min easy then 5 min hard. Take 10 min easy then 20 min as hard as possible. 10-15 warm down		Nice steady ride without "pushing it" maintaining a cadence of between 90 - 100rpm	Same as yesterday. Include a stop at a café if convenient and time allows.
	Notes	A recovery week for adaptation to take place. Think about general nutrition and quality rest. The coming test should show improved results.  Check and clean the bike after the weekend riding	Explore. Go touring!	Be completely rested in anticipation of tomorrows test!	Have an assistant to record the all important numbers! Hopefully the average number will have gone up to prove the training is working!		Ride with a friend or a group of similar ability to ease the monotony of training alone	Group riding at this stage will contribute to skills development.

		<b>Monday</b> <b>Cycling</b>	<b>Tuesday</b> <b>Cycling</b>	<b>Wednesday</b> <b>Cycling</b>	<b>Thursday</b> <b>Cycling</b>	<b>Friday</b> <b>REST DAY</b>	<b>Saturday</b> <b>Cycling</b>	<b>Sunday</b> <b>Cycling</b>
	<b>Duration</b>	<b>1hr</b>	<b>2hrs</b>	<b>1hr 30mins</b>	<b>1hr 45mins</b>		<b>2hrs 30mins – 3hrs</b>	<b>4hrs - 5hrs</b>
<b>Week 10</b>	<b>Instructions</b>	Recovery ride	Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 5 times. Warm down well.	Endurance training session riding at an average of around 85%-95% of FT heart rate. Best completed on your own or a small group of similar ability riders.	Threshold session. Warm up as usual then ride for 5mins at FT followed by 1min recovery. Repeat between 8 times then warm down		Group ride.	Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% FT for 1hr followed by a further 30 minutes at recovery rate before a 2nd 1hr at 85% - 95% FT followed by a further 30 minutes recovery before a 3rd 1hr at 85% - 95% FT finish with a good 30mins warm down.
	<b>Notes</b>	Make sure it is recovery!	Concentrate on maintaining a constant FT power output or heart rate during the 12 minutes effort.	If riding with others don't be tempted to ride outside your own zones especially when climbing.	These sessions can be completed on the road or on a turbo, so weather should be no problem. Make sure you drink, so as to hydrate properly and take on carbs.	Maintain your stretching regime! Check the bike ready for the weekend's rides.	Make sure that you take your turn at the front of group and don't shirk the workload .However, remember not to "race" the others.	Don't forget to eat and drink on the bike and make sure you <u>maintain your recovery</u> regime after the ride.

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling</b>
	<b>Duration</b>	<b>1hr</b>	<b>2hrs 30mins</b>	<b>1hr 30mins</b>	<b>1hr 45mins</b>		<b>2hrs - 3hrs</b>	<b>4hrs30mins - 5 hrs</b>
<b>Week 11</b>	<b>Instructions</b>	Recovery ride	Threshold session. Warm up thoroughly and then ride at FT for 12mins followed by 3mins rest. Repeat 5 times. Warm down well.	Endurance session riding at an average of around 85%-95% of FT heart rate. Best completed on your own.	Threshold session. Warm up as usual then ride for 5mins at FT followed by 1min recovery. Repeat between 8 times then warm down		Group ride.	Endurance ride. Begin the session with a good warm up for 30mins and then concentrate on riding at 85%-95% FT for 1hr followed by a further 30 minutes at recovery rate before a 2nd 1hr at 85% - 95% FT followed by a further 30 minutes recovery before a 3rd 1hr at 85% - 95% FT finish with a good 30mins warm down.
	<b>Notes</b>	Use the same route as last week.	Concentrate on maintaining a constant FT power output or heart rate during the 12 minutes effort.	If you do ride with others remain within your own zones particularly when climbing. Make it your training not theirs.	These sessions can be completed on the road or on a turbo. Make sure you hydrate properly and take on carbs.	With the ride coming up look over the bike. Does anything need replacing? Do you need more tyres? Check out the local shop or the online retailers' latest offerings!	Enjoy the bike ride and company offered by other riders.	Don't forget to eat and drink on the bike and make sure you maintain your recovery regime after the ride. You should now know what "fuel" you will be taking next week.

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<b>Week 12</b>		<b>REST DAY</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>REST DAY</b>	<b>Cycling</b>	<b>Cycling!</b>
	<b>Duration</b>		<b>1 hr</b>		<b>1 hr</b>		<b>1Hr</b>	
	<b>Instructions</b>		Final FT test. 10mins easy, then 1 min at 120rpm followed by 1 min easy. Repeat 2 more times. 4mins easy then 5 min hard. 10 min easy then a final 20 min as hard as you possibly can! 10-15mins warm down.		Have a nice relaxed ride. Gentle spin at an easy pace with hardly any effort.		Another nice light spin. Enjoy riding the bike and regard as a final check on the smooth running of your machine.	<b>THE BIG DAY</b>
<b>Notes</b>		This should provide the confidence that all the previous eleven weeks training has paid off!		Ensure that recovery ride is what it is!		Your bike is right, your clothes are ready, your food and drink is prepared, you know where and when you are going, so just relax.	Sit in the saddle and have a good ride	

Jae 13/12/11